



## Nutrition Guide

Item	Portion Size	Grams	Calories	Protein (g)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
<b>Mild Chicken</b>												
Wing	1	59	150	9	5	0	0	10	0	3.5	59	690
Leg	1	63	110	11	3	0	0	7	0	2.5	92	280
Thigh	1	111	280	16	7	0	0	20	0.5	7	135	710
Breast	1	179	350	33	8	0	0	20	0.5	7	179	1130
<b>Mild Chicken (Skinless and Breeding Removed)</b>												
Wing	1	42	40	7	0	<1	0	1.5	0	0.5	58	400
Leg	1	52	50	9	0	0	0	2	0	0.5	85	190
Thigh	1	72	80	11	0	0	0	4	0	1	98	230
Breast	1	123	120	24	0	0	0	2	0	1	120	540
Strips	1 (2 pieces)	94	130	25	3	0	0	2.5	0	1	50	620
<b>Spicy Chicken</b>												
Wing	1	59	140	8	5	0	0	9	0	3.5	79	290
Leg	1	63	100	9	3	0	0	5	0	2	71	230
Thigh	1	111	300	15	7	0	0	24	0.5	8	131	490
Breast	1	179	360	31	8	1	0	22	0.5	8	170	760
<b>Spicy Chicken (Skinless and Breeding Removed)</b>												
Wing	1	42	40	6	0	<1	0	2	0	0.5	66	125
Leg	1	52	50	9	0	0	0	1.5	0	0.5	60	135
Thigh	1	72	80	12	2	0	0	3	0	1	98	170
Breast	1	123	120	25	<1	<1	0	2	0	1	112	380
Strips	1 (2 pieces)	94	150	23	5	0	0	4	0	1.5	55	820
<b>Louisiana Travelers</b>												
Nuggets	1 (6 pieces)	71	220	15	13	<1	0	12	0.5	5	40	500
Mild Tenders	1 (3 pieces)	174	375	33	24	0	0	17	1	7	84	1620
Spicy Tenders	1 (3 pieces)	174	405	33	30	0	0	17	1	7	84	2160
<b>Cajun Wings</b>												
Cajun Wing segments	1 (6 pieces)	244	595	34	19	0	0	43	1.5	15	260	1274
<b>Naked Chicken Strips</b>												
Naked	1 (3 pieces)	118	220	30	2	0	0	10	0	4	80	720
<b>Big Deals</b>												
Loaded Chicken Wrap	1	170	400	19	44	4	0	17	0	6	35	1100
Delta Mini	1	101	300	15	30	1	4	13	0	4	30	780
Chicken Biscuit	1	102	350	13	30	<1	0	20	0	9	35	930

<b>Big Easys</b>												
Chicken Bowl	1	368	570	35	44	8	2	29	1	10	100	1600
Crispy Chicken Sandwich	1	227	560	33	56	3	12	23	1	8	75	1690
<b>Sandwiches</b>												
Deluxe Mild w/mayo or Deluxe spicy	1	265	630	35	53	3	5	31	1	8	71	1480
Deluxe Mild wo/mayo	1	237	480	33	54	3	5	15	0.5	6	55	1290
Po Boy Sandwich	1	113	330	8	36	0	10	17	0	3	10	560
<b>Seafood</b>												
Popcorn Shrimp	1	85	280	12	22	<1	0	16	1	6	95	1110
Butterfly Shrimp	1	102	310	13	22	2	0	19	1	8	90	800
<b>Louisiana Legends</b>												
Chicken Sausage Jambalaya	1	151	220	10	20	1	3	11	0	3	32	760
Smothered Chicken	1	151	210	10	24	1	0	8	0	2	23	743
Chicken Etouffee	1	151	160	12	6	2	1	10	0	3	20	870
Crawfish Etouffee	1	151	180	7	25	2	0	5	0	1	48	640
<b>Sides</b>												
Biscuits	1	60	240	4	26	1	2	13	0	7	0	490
French Fries	1	88	310	4	35	3	1	17	1	7	7	660
Corn on the Cobb	1 Ear	284	190	6	37	4	7	2	0	0.5	0	0
Mashed Potatoes No Gravy	Regular	113	100	1	17	<1	3	3	0	1	0	380
Mashed Potatoes & Gravy	Regular	142	120	3	18	2	0	4	0	2	5	570
Red Beans & Rice	Regular	174	320	10	31	17	2	19	0	6	20	710
Cajun Rice	Regular	117	170	8	22	2	1	6	0	2	60	530
Coleslaw	Regular	138	260	<1	14	9	15	23	0	3.5	15	260
Green Beans	Regular	100	70	2	14	2	1	1	0	0	5	400
Cinnamon Apple Turnover	1	86	250	3	34	2	11	12	1	4	5	320

The nutritional information provided in the "Nutrition Guide" and otherwise on the Popeyes® website or in its restaurants is comprised from data provided by an independent testing company commissioned by Popeyes (Silliker, Inc.) and our suppliers, and is current as of January of 2009. The data is based on standard product formulations and portion sizes, which can vary due to sampling differences, seasonal differences, ingredient substitutions, supplier variations, slight differences in product assembly on a restaurant by restaurant basis, and other factors.

All standard domestic Popeyes menu items are listed in the "Nutrition Guide." Some products may not be available at all restaurants. Products currently being tested and other limited time offerings and other regional menu alternatives may not be listed. Servings sizes may also vary slightly.

We encourage anyone with food sensitivities; allergies or other special dietary needs or concerns to consult with your local physician or dietitian prior to eating at any Popeyes restaurant.

Please periodically review the "Nutrition Guide" and our Popeyes website as information may be updated.

Updated January 16, 2009